

# the Goddard Times

## GODDARD HOUSE

### UPCOMING EVENTS

#### THURSDAY, SEPTEMBER 13

Family Appreciation Night from 6:00-7:30 P.M.

*Public is welcome!*

BCAN Annual Meeting at the Brookline

Senior Center at 6:00 P.M. *Public is welcome!*

#### SUNDAY, SEPTEMBER 16

Trip to see a 2:00 P.M. performance of The Black Clown at the American Repertory Theater in Cambridge. This dramatic monologue is based on a poem by Langston Hughes.

#### SUNDAY, SEPTEMBER 23

Greater Boston Walk to End Alzheimer's from 9:00 A.M.-1:00 P.M. at DCR's North Point Park in Cambridge. *Public is welcome!*

#### TUESDAY, SEPTEMBER 25

Our residents will enjoy a day trip to Newport, Rhode Island!



### RESIDENT PROFILE



I met **Carolyn Catalano** on the day she moved into Goddard House and one of the first things she said to me was, "This place feels like home." Carolyn (pictured at left with Director of Dining Experience Andrew Santalucia) has been living at Goddard House for only a month now and everyone knows who she is. She beams bright energy and is always willing to lend a helping hand to anyone in need.

Carolyn says her favorite job she ever had was working at Louis Boston in the Chestnut Hill Mall. She was a top seller and as she talked about Louis, you could tell that styling people with clothing is her passion. Explaining how she took color theory classes as part of her work, she began to hold colors up to my face, showing me which colors helped my complexion and which weren't the best for me.

Carolyn loves fabrics and textiles. Throughout life she made a lot of her own clothing. She would take the bus from Boston to the mills in Lowell, pick out her fabrics and turn them into stylish outfits. She told me she would then spend hours in her basement at her sewing machine creating clothes. If you're interested in fashion, love fabrics, or wondering which colors work for you skin, go see Carolyn! I guarantee you won't be disappointed!



*Carolyn (second from left) loves our Crafts with Cindy program!*

# The Age-Friendly Movement is Here

by Marketing Director **Lance Chapman**


There is a global movement underway to make cities and towns “friendlier” places to live for older people. Throughout our nation many communities have mobilized efforts that rethink design and encourage innovation as well as offer new policies and legislation with the needs of older Americans in mind. The Leading Age organization website states, “The Age-Friendly movement is an effort to make cities great places to grow up—and grow old.”

The heralded Gerontology Institute at the University of Massachusetts Boston describes the Age-Friendly movement as one being increasingly embraced by cities and towns across the U.S. Essentially, each town is assessing the needs of aging Americans as they are becoming a larger percentage of their local populations and customer bases.

Massachusetts is now ranked the second-most Age-Friendly state in the country. Age-Friendly Massachusetts is a group of state-wide initiatives being developed and implemented at the state level here. In this same spirit, some municipalities, including Brookline, have begun to develop criteria for becoming known locally as an Age-Friendly Business. The Brookline Community Aging Network (BCAN), of which Goddard House is a founding member, is spearheading these efforts locally. Criteria for being designated an “Age-Friendly Business” can include physical accessibility, delivery of services, parking and drive-up options as well as training offered to staff designed to impart deeper sensitivity to older customers.

Dementia-Friendly is also a concept gaining in popularity as a closely related movement to increase the sensitivity of our culture to the needs of those persons living with dementia and memory loss. Educating business owners, first responders, hospital ER personnel and others to the more specific challenges of those aging with dementia is

a central goal of the Dementia-Friendly movement. For example, some restaurants have begun offering special tables located in quieter sections along with waitstaff with special training for dining parties that include members with dementia.

Goddard House is very involved with our local and state-wide Age-Friendly initiatives and we encourage our readers to find ways for you to become educated and involved as well. 

*Author Olivia Ames Hoblitzelle discusses  
her latest book*

## Aging with Wisdom

Thursday, October 11, 2018

at the Brookline Senior Center  
93 Winchester Street, Brookline

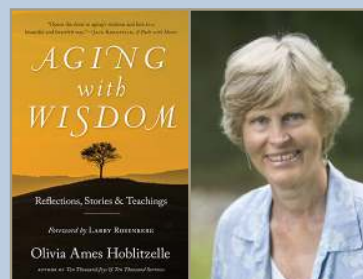
Refreshments served from 6-6:30 P.M.

Talk with discussion runs from 6:30-7:30 P.M.

*Event is free of charge. RSVP to the Brookline Senior  
Center at 617-730-2770.*

*How do we find meaning and beauty in aging? How do we respond to living in an age-phobic culture? How do we cultivate an inner life resilient enough to handle the vicissitudes of old age? The last phase of life is often the most heroic—rich with opportunity for reflection, growth, and resolution. Olivia’s talk offers new perspectives on aging and inspiration for potentially the most meaningful chapter in our lives.*

Copies of *Aging with Wisdom* will be available for purchase at the event.



Sponsored by  
Brookline Community  
Aging Network

## GODDARD HOUSE HAPPENINGS



*A recent floral arranging activity was enjoyed by **Trish H.** (far left) and **Karen W.** (far right). The results were beautiful and these bouquets adorned our community!*



*We appreciate our Goddard House associates all year long! This summer we took staff and their families to Canobie Lake Park in Salem, New Hampshire as our staff appreciation event. Top row, left to right: the entrance to the park; Resident Care Associate **Fardusa Ali** and Dining Associate **Sandra Appiah**; Program Assistants **Natalia van Bilderbeek** and **Rebecca Margolin** enjoy the BBQ. Bottom row: Olmsted Program Director **Marie Curcio** on the Bumper Cars; Chef **Kenny Riviera** and family; Chef **Gemi Gicama** and his son in front of the log flume*

## ASSOCIATE PROFILE



Hi, I am **Natalia van Bilderbeek**. Two years ago I interned at Goddard House as a graduate student at Lesley University, and I am so happy to be back!

I have a multi-cultural background, with dual citizenship in The Netherlands and The United States. I was born in Breda, The Netherlands, and moved to America when I was four years old. I ended up moving back to The Netherlands, where I lived for a total of four years. I attended an international university and graduated with a bachelor's in psychology, and was able to travel extensively. I moved to Boston in 2014, and completed a master's degree at Lesley University in clinical mental health counseling and expressive arts therapy. I am working hard to gain my credentials, and to earn a license in mental health counseling.


I am thankful to be here because I can honestly say I love what I do. My passion lies in helping others to reconnect with their power, create moments of joy and celebration, and build loving supportive communities. My ultimate goal is to become a couples and family therapist. I plan to build a private practice, write and publish books while teaching others through retreats, seminars, and yoga. I believe that each moment is an opportunity to grow, learn, and start anew. My mission is to continue inspiring others to remain open to the endless possibilities that life has to offer.

I came back to Goddard House to take on the role of Olmsted program assistant. The positive culture, supportive and warm community, and innovative work environment made it extremely easy to make my decision. I look forward to meeting all of you, and would love to hear any new and exciting ideas to make this place the best it can be for everyone who lives here!

## So you think you know Goddard House?

by *Marketing Director Lance Chapman*

**B**efore you say you really know Goddard House...Have you walked through our gardens and seen the bubbling brook and all seven organic vegetable beds? Have you ever seen the sun deck? Why is the art gallery called Gallery M? What is this OMA all about? Do you know which part of our property actually sits in Boston? And finally, have you met the chickens yet? Many of you who receive this newsletter monthly may feel you know Goddard House well, but we suspect other active readers may never have taken a thorough and proper tour of Goddard House—or perhaps several years have passed since your last visit.

This is an invitation to call me to schedule a “walking tour” of Goddard House. There are so many interesting and lesser known stories about Goddard House that enrich our community. It is often compared to a close-knit neighborhood where people are truly engaged, experiencing meaningful days. Many great stories are shared by the residents and staff who live and work here together each day. A place where people look out for each other and truly care when someone is not well, while also celebrating each other's successes and gifts. I would be happy to spend time with you to give you an opportunity to learn more about Goddard House and what makes it such a special place. Maybe you'll teach me something I did not know. Call or email me at [lchapman@goddardhouse.org](mailto:lchapman@goddardhouse.org). Enrich, Engage, Together...at Goddard House in Brookline. 

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NEWSLETTER CONTRIBUTORS

**Lance Chapman,**  
*Marketing Director*

**Erica Curcio,**  
*EnrichedLIFE Director*

**Natalia van Bilderbeek,**  
*Olmsted Program Assistant*

**Carolyn Sandel,**  
*Executive Director*



165 Chestnut Street  
Brookline, Massachusetts 02445  
617-731-8500

[WWW.GODDARDHOUSE.ORG](http://WWW.GODDARDHOUSE.ORG)